

# *Problems with your Back?*

## **Attend 'Save A Back' Training Class**

- Back injuries at home & work are a leading cause of lost workdays
- Back injuries severely impact productivity of U.S. workforce
- Back injuries are #2 cause of MSFC lost-time mishaps
- Everyone's work is essential to our 'Return To Flight'



You are invited to attend a special SAVE A BACK seminar! Discover the myths about back injuries, and learn the "Safe Back" position. Find out how to reduce recovery time when a back injury does occur. Only 60 spaces are available, so don't delay! Pre-register now on the SHE Training Webpage!

*Recommended If Your Work Or Recreational Activity Involves Potential Back Injury*

**When:** April 27, 2004

**Time:** 8:30 to 12:30

**Where:** Marshall Institute

**Register Now:** <https://msfcsma3.msfc.nasa.gov/dbwebs/apps/training/default.asp>